

**Broadalbin-Perth School District May 2019 Cafe Menu**

**MILK VARIETY OFFERED DAILY: 1% LOW FAT, SKIM CHOCOLATE, STRAWBERRY**

**Daily Breakfast Entree**

<p align="center"><b>Monday</b></p> <p><b>French toast sticks (35g)</b>  <b>Apple juice (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p align="center"><b>Tuesday</b></p> <p><b>Assorted Cold Cereal (14-24g) and WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p align="center"><b>Wednesday</b></p> <p><b>Apple Cinn Muffin</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p align="center"><b>Thursday</b></p> <p><b>Assorted Cold Cereal (14-24g) and WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p align="center"><b>Friday</b></p> <p><b>Mini maple flavored pancakes (38g)</b>  <b>Mix Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b>  <b>Juice (15g)</b></p>
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**Daily Lunch Entree**

**Alternate Lunch Mon-Fri: Turkey and Cheese Sandwich (25g) or PB&J (45g)**

<p>29  <b>Chicken Patty on Bun (20g)</b>                  Green beans (15g)                  Fresh Fruit (15g) or Mixed fruit (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>30  <b>Oven baked Chicken</b>                  Corn(15g) Tater Tots(20g).                  Mixed fruit (22g)                  Milk (white-12g or chocolate- 24g )</p>	<p>1  <b>Pasta and Meatballs.</b>                  Garbanzo Beans(15G)                  Fresh Fruit (15g) or Mixed fruit (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>2  <b>All Beef Hot Dog (27g)</b>                  Fries (20g)                  Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>3  <b>Cheese Pizza (35g)</b>                  Romaine Salad (15g)                  Fresh Fruit or assorted Fruits (15g)                  Milk (white-12g or chocolate- 24g)</p>
<p>6  <b>Chicken Nuggets (13g)</b>                  Rice (30g)                  Carrots (5g)                  Fresh Fruit (15g) or Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>7  <b>Nacho Supreme (20g)</b>                  Vegetarian Beans (15g)                  Peaches (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>8  <b>Turkey w/Gravy</b>                  Mashed Potato (30g) w/ Gravy,Corn (15g)                  Fresh fruit / Pear (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>9  <b>Chicken wrap</b>                  Green Beans (20g)                  Fresh Fruit or Peaches(15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>10  <b>Cheese Pizza (35g)</b>                  Romaine Salad (15g)                  Fresh Fruit or Assorted Fruits (15g)                  Milk (white-12g or chocolate- 24g)</p>
<p>13  <b>Chicken Patty or (Parm) on Bun (20g)</b>                  Corn (15g)                  Fresh Fruit (15g) or Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>14  <b>BBq Rib Sandwich(45g)</b>                  Carrots (5g)                  Fresh Fruit or pears (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>15  <b>Grilled Cheese</b>                  Tomato soup                  Green Beans (15g)                  Mixed Fruit (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>16  <b>Cheese Pizza (35g)</b>                  Romaine Salad (15g)                  Fresh Fruit or Assorted Fruits (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>17    <b>No Lunch</b></p>
<p>20  <b>All Beef Hot Dog (27g)</b>                  Fries (20g)                  Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>21  <b>Beef Taco (15g)</b>                  Black Beans                  Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p>22  <b>Cheeseburger</b>                  Fries (20g)                  Fresh Fruit or Peaches(15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>23  <b>Cheese Pizza (35g)</b>                  Romaine Salad (15g)                  Fresh Fruit or Assorted Fruits (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>24    <b>No School</b></p>
<p>27    <b>No school</b></p>	<p>28  <b>Meatball Sub (45g)</b>                  Corn (5g)                  Fresh Fruit or Pears(15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>29  <b>BBQ Chicken Sandwich</b>                  Garbanzo Beans(15)                  Mixed fruit (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>30  <b>Stuffed Breadstick</b>                  Green beans                  Fresh Fruit or Pears (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>31  <b>Cheese Pizza (35g)</b>                  Romaine Salad (15g)                  Fresh Fruit or assorted Fruits (15g)                  Milk (white-12g or chocolate- 24g)</p>

**Available Daily: Peanut Butter & Jelly. A full student lunch includes a choice of entree supplying protein and grain, 1 cup vegetable, 1 Cup of Fruit and milk choice. Bagged Carrots available Tuesdays and Thursdays**

\*\*\*MENU SUBJECT TO CHANGE\*\*\*